Promotion of regular physical activity for people with intellectual disabilities in an inclusive context

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Promotion of regular physical activity for people with intellectual disabilities in an inclusive context

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Theoretical context
- Regular physical activity is necessary for mental and physical wellbeing. It is also related to general health, life expectancy and quality of life (WHO, 2010)
- More than 60% of people with intellectual disabilities are inactive (Temple, Frey, & Stanish, 2006)

Aim of the study
- Promotion of autonomous sports practice to be able to participate in lifelong regular physical activity
- Sports practice in an inclusive context: participants with and without disabilities who will take part in the program together

Hypotheses
- Improvement of physical activity level, maintenance after one year
- Improvement of physical fitness
- Improvement of quality of life, specifically social, physical and emotional well-being
- Improvement of self-efficacy and social support for Physical Activity
- Decrease in anxiety for participants with a high baseline anxiety score

Methods
Participants
- Six participants with mild to moderate intellectual disability (4 women, 2 men) and four participants without intellectual disabilities (3 women, 1 man)
- 20-41 years old
- Living in Geneva
- Able to answer yes-or-no questionnaires and/or Likert scale

Procedure
- Theoretical courses about sports
- Sports practice in dyads (one person with and one without ID) in an inclusive context
- Guided by a sports coach

Research plan

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<td>February-April</td>
<td>May-June</td>
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<td>First meetings</td>
<td>16 theoretical lessons</td>
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<td>Likert training</td>
<td>Health and physical activity knowledge</td>
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<td>PRETESTS</td>
<td>INTERVENTION</td>
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<td>Fitness trackers wearing, continuous measurement</td>
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